

# goop

## The Least Clichéd V-Day Traditions (and the Gifts We're Coveting)

Hype is a powerful narcotic. It's how we wind up with things like the Fyre Festival and Soylent. And there is perhaps no day that gets quite as much of it as February 14. But there is also no other day when the hype is as warranted. So in the spirit of bringing sentimentality back into the equation, we tapped six goop staffers whose V-Day traditions are as varied—and as personal—as their relationships. And better still: They've corralled the gifts they're wishing for this year. And yes, every last one lives up to the hype.



### STACEY LINDSAY

EDITOR

"My boyfriend, Jay, and I crave art. To be totally honest, we crave anything that makes us put down our phones for at least an hour. So every Valentine's, we go phone-free to indulge in some amazing show, reading, play... Last year it was *Water by the Spoonful* at the Mark Taper Forum in LA. This year I'm hoping we'll head to the LA Philharmonic. But even if we spend the evening at home watching the last few episodes of *Trigger Warning* with *Killer Mike*, I'd be one happy—and present—girl."



THE ALCHEMY OF THE SENSES  
BY JEAN-CHARLES BOISSET  
JCB, \$395

"This coffee-table book is more experiential art than book. It incorporates interactive activities with mirrors, inverted text, and sensual stories—all encased in flaming-hot red velvet. And it comes with a gorgeous gold pendulum that you can use to access what author (and winemaker, tastemaker, and artist) Jean-Charles Boisset calls the five areas of the human dynamic: balance, passion, health, energy, and of course, love."